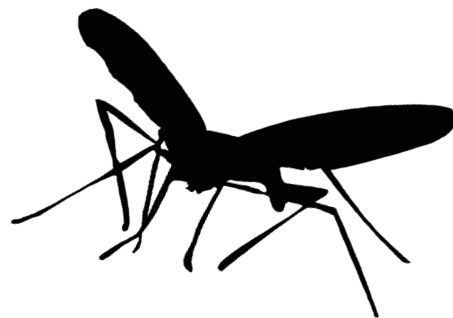


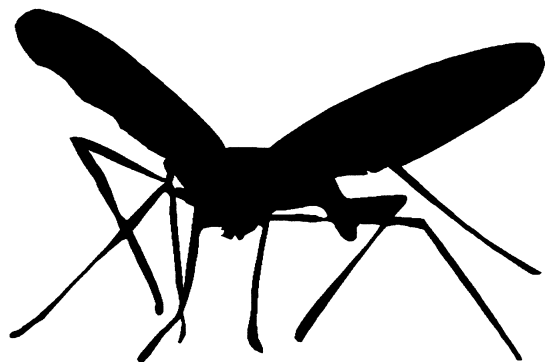
Your risk for serious harm from West Nile virus is low. But here are some simple steps to reduce your risk.



## Protect Yourself During Outside Activity

- Spray clothing and exposed skin with insect repellents according to specific manufacturer's instructions
  - Use repellents containing no more than 50% DEET on adults
  - Use repellents containing 10% or less DEET on children aged 2 - 12
- Wear protective clothing like long-sleeved shirts and long pants while outdoors
- Limit outdoor activity at dawn and dusk when mosquitoes are most active

# West Nile Virus - Don't Let It Bug You



## Protect Your Home

Don't let mosquitoes breed around your home

- Eliminate standing water from flower pots, barrels, used tires, clogged roof gutters or water-holding containers
- Install or repair window and door screens to keep mosquitoes out
- Keep grass cut short so adult mosquitoes will not hide there



Missouri Department of Health and Senior Services  
Section for Communicable Disease Prevention  
1-866-628-9891 or [www.dhss.state.mo.us](http://www.dhss.state.mo.us)